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on

Head Ark

Head Ach

Few diseases are more general, or more distreseing that the headach. It affects all ages above puberty, and sometimes young persons from 14 years old, down to eight and ten. Women are more subject to it than men, and that in the ratio of ten to one. I said formerly it is in women a form of Gout. of this disease

The remote and exciting causes, act primarily upon the brain, this the medium, of its organization, or organic diseases.

I of the blood vessels.
II of the nerves.
III of the Stomach.
IV of the Senses and
V of the Mind.
VI

I the causes of Head Ach from Organization, and organic diseases. These are
I malconformation of the head. In this

case it is Often hereditary, & discovers
itself in early life.
2 Abscesses in the frontal sinuses & in the cavity
3 Contusions in the head. They sometimes produce depression,
or extravasation of blood under the Scull. to
I have known had ~~to produce~~ Contusions
constitute secondary Diseases. But a simple
Concussion of the brain will sometimes
induce chronic head Ach without being accom-
-panied with either Depression or extravasa-
-tion.
II The Causes which induce head Ach thro' the
medium of the blood vessels are
1 Fevers of all kind. It is most severe in
fevers from calculations both Toxic & Idio
Miasmatic exhalations. It is often the
solitary Symptom of a slipping epidemic.
When that intes epidemic is an intermittent,
the head Ach is periodical. As head Ach,
Dr Cullen used to inform his pupils,

occupied the place of.
of this kind Once ~~occupied~~ an intermittent
upon the Eastern Coats of Scotland. In the
Autumn of 1800 the Head Ache was very
common in Philad.a. It was supposed to be
a form of the autumnal fever.

2 The Head-Ache is sometimes induced by Gout.
It may be known to arise from this cause
1 by the patient having been subject to
the Gout, or being descended from Gouty Ancestors.
2 by its being preceded by pains in Other parts
of the body, & particularly with sickness at
Stomach or flatulency & 3 by its being re-
=lieved by pains in Other parts of the body.
I have once known it relieved by a gleet,
with which it
~~used to~~ alternated ~~with that Gleet~~ for fifteen
years. It is remarkable this Head Ach never
terminates a fit of Gout.

3 the Rheumatism. It may be known to
arise from this Cause. 1 By its attacking
persons of robust habits. 2 by Alternating with

V Of which I have known an instance in this
city

or succeeding
4 pains in the limbs only, 2 3 by being
encreased by all the causes which encrease
Rheumatism. The disease from both Gout &
Rheumatism often affects the Scalp and peri-
=osteum not only with pain, but with a
partial & general Swelling of each of them,
and hence arises another mark by which
they may both be known. In speaking of
Gout & Rheumatism Under distinct heads, take
notice I do mean two distinct diseases. They
are grades only of one original disease.
5 Great Heat & Cold; the former to such a degree as
to induce what is called Inflatation.
5 Puberty.
6 The Strife which takes place between the
Arteries and Veins between the 36th & 46th
years of life.
7 The Cessation of the Menses.
8 Obstructed Menses.
9 The Cessation of the piles where they
have been habitual.

V ensptions. ~~to bear talking~~.

10 Costiveness, or and a difficulty of discharging
the fæces from the internal piles, or exter=
=nal Condylomata. One of the most dis=
=tressing Cases of head ache I have ever known
was from the Latter cause.

11 Light Drapes whether around the Neck, or
upon the head, feet, or the trunk of the
body. 12 Sleeping with the head too low, or the
neck bent. 13 leaving off the use of tobacco. 14 spelled V

III The Causes which induce Head ache thro'
the medium of the nervous System are,
1 great heat and Cold, and particularly cold
feet. sensible qualities particularly
2 Certain of the Air unac=
=dual moisture, dryness, density & rarity - and
winds from certain quarters winds.

3 certain insensible Qualities of the Air.
Our knowledge under this head is very
limited. We only know that the Air when
impregnated with an unusual Quantity
of Electrical matter induces it upon some

people. This is 6 Obvious from the Head
Ach ~~ceasing when this~~ occurring only during
a Thunder Storm, and ceasing when it is over.
4 Impressions upon parts which are insensible
to them particularly the Stomach, which are
conveyed by Sympathy to the brain.
5 Fatigue from a long Walk, or from stan-
-ding long upon the feet.
6 Unusual Wakefulness, or Sleep, or Sleep at un-
-usual hours.

IV. The Causes of Head Ach ~~from Causes which~~ which induce ~~act upon the brain~~ thro the Medium of the Stomach are

1 Bile.
2 Certain indigestible Substances taken into
the Stomach, that are offensive from idiosyn-
-crasy, or ~~from what is called a Surfeit, that~~
~~is having been affected with Head Ach by~~
~~eating them~~ from some accidental Cause;
such as bottles, raw, or baked fat meats, certain

V Loud talking I [redacted] met with a remarka-
=ble instance in this city. A lady who
was occasionally visited by a Deaf Sister,
was always afflicted with the head ach
During her Visit, and that in Consequence
of being obliged to talk louder than usual
in order to be heard by her.

~~and~~ nuts, and milk.

How shall we know whether the headache be induced by these offensive matters in the stomach acting upon the head, or by a disease in the head acting upon the stomach? — I answer by the priority of the disease in the ~~head~~ stomach, to that in the head. The reverse of this remark is equally true.

V. The causes which induce headache thro' the medium of the senses, are

1 certain odors, particularly the odor of flowers Spices, and of certain flowers.

2 Looking down from a great height, & excess of light.

3 Loud and unusual noises, as loud talking and laughing, and listning an unusual time to uninteresting conversation. of the effects

VI The causes which induce headache thro' the medium of the mind are

V city who is always afflicted with head
Ach. on sundays, and on no Other day of the
the week. Upon inquiry, it appeared that
She was in the practice of devoting Sunday
exclusively to reading.

1 ~~Headstudy~~ Protracted studies, or the study of difficult, and Abstruse subjects. The late Dr Beattie says in One of his Letters that the Study of the mathematicks always brought on the Head Ach. I know a lady in this V

2 The undue exercise of the passions & all violent emotions, particularly terror, anger and joy.

There is a good deal of Variety in the Heat & nature of the pain which constitutes Head Ach, probably depending upon the different causes & ~~which induce it, and the different~~ by and thro which it is produced. I shall briefly enumerate them.

1 It affects One Half, or the Whole head.
In the former Case it is called Hemicrania.

2 It affects the forehead, or Occiput chiefly.

3 It affects the Orb of One, or both eyes. ~~It~~ It
~~was~~ appeared in this form in the
late Dr Clarkson of this city, & was always ~~indu~~=
=ced by bile in his stomach.

4 The pain is Dull & stupifying, or

5 It is extremely acute & constant, ~~or~~ and
attended at times with a sensation of
something like the Opening & shutting of
the ~~brain~~ Sutures of the ~~brain~~ Cranium,
probably from a Clonic Spasm of the brain.

6 It is attended with short remissions & Exacerbations.

7 The Scalp of the head is sore to the touch.

The Head Ach under all these forms appears

1 with perfect intermissions for Days, weeks
months & even years.

2 It appears with remissions only.

3 It is constant for months & years.

Dr Boerhaave supposed the seat of this pain in the head ach to be in the Dura mater. Dissections of persons who have died of this Disease con-firm this Opinion. The substance of the brain that is, those parts of it which are supposed to the seat of the mind, and of the Origin of the Nerves posess but little or no sensibility, and for the wise purposes formerly mentioned. It is no Objection to this Opinion that we find marks of inflam-mation, such as pus & water in every part of the brain after death from head ache. We Observe the same things After death from Diseases in the liver, Spleen & lungs none of which were accompanied with pain. ~~We Observe~~ we Observe likewise death from palsy, Vertigo Drowsiness all of which

V Nor is it any objection to the seat of the
pain being in the Dura mater that it dis=
=covers no sensibility when cut in perfor=
=ming Operations on the brain. Like the
Dura mater & ligaments it is probably affected
by Stimuli of one kind, and not of ano=
=ther. It seems to feel the stimulus of
Distention in the most sensible manner.

we know occupy the substance of the brain,
and yet no one is attended with Lead
Ach, except when the patients are upon
the nursery. In this Case the Disease is
probably translated to the Dura Mater.
spoke formerly of the inter-communion
of Sensation in the bowels. The same
thing takes place in the brain, & hence
the marks of one Disease be it what it
may, are often seen after death in every
part of the brain.

The Lead Ach Under all its forms appears
with perfect intermissions for Days. weeks,
months, Seasons and years. I have
known it in four instances to come on
with the rising, and go off with the sitting

seen. Here light was its exciting cause. It
~~Does~~ frequently ~~does~~ occurs ~~Only~~ with the seasons,
in Some people in the Spring, in Others in
in Others in the Autumn,
the Summer, and in Others in the Winter
only. Again it occurs in the Spring and Au-
-tumn and in Summer & Winter. When
it occurs in the Autumn only it is generally
a disguised Autumnal fever. I have One
known it to occur for many years in the
month of September only probably from ~~the~~
its ~~far~~ ~~originating from the usual cause~~
~~of the~~ belonging to the class of fevers just now
mentioned.

2 The head ache appears for weeks, months
& years with remissions only, and

3 It is sometimes perpetual without either
intermission or remission. I have known
two cases in which it continued with-
= out

any Abatement for four & five Years, and
I knew a Citizen of Philad.a who lived to be
Above 80 years of Age who assured me that
in the Course of 40. years he did recollect to
have passed a Day without being
afflicted with this distressing Disease. —

It is a singular fact, that Numerous as
the Cases and Cases of this Disease are, we
now and then meet with persons who have
passed long lives, who have never felt a single
sensation in the Head, that could give them
any idea of the Head Ach.

The Remedies for this Disease should
and Seats.
be different according to its Causes, It is because
so little Attention has been paid to each of
them, that the Disease has so often eluded the
power of Medicine, and done both good &

Lesion in a hundred instances. I shall briefly
mention the remedies that are proper to ~~cure~~
relieve, or cure it under the six heads of its
causes and seats.

I Of the Remedies which are proper when the
Disease arises from Direct, or Local causes.

When it arises from Malconformation of
the head it is generally incurable, but it
may be relieved by small & frequent bleedings.

When it arises from Contusions or Concussion
of the brain, the remedies should be copious
Venesection, Cupping, or Leaches to the head,
- Cold Applications to the head - an elevated posi-
-tion of it, purges ~~and~~ blisters and deep Sec-
-tions of the Scalp & pericranium. I have
seen the last of these remedies ~~proved~~ after
all the others had been employed to no purpose.
The Disease was brought on by a Contusion.

Recollect here, that the intervals between

the remote cause of this disease, and the
disease itself, is ~~often~~ from one day, to eighteen
months.

For the Head ach from an Abscess in the
maxillary Sinus ~~and deranged teeth~~ the Remedy
should be the extraction of the teeth below the
Sinus. If it arise from deranged teeth, the teeth
should be extracted.

II When the Headach arises from causes
that act upon the head thro' the medium of the
blood vessels, the remedies should be suited to those
causes.

It may be known to arise from these causes,
~~that~~ by the pulse, which is in the beginning
of the Disease generally active.

If it arise from an epidemic fever, the
remedies should be the same as for that fever.
Emetics are generally useful in these cases.

If it arise from Gout or Rheumatism, and the pulse be excited,
the Remedies should be ~~the same as if for those~~
~~diseases~~! ~~If~~ Bleeding, ~~be required~~, the quantity to

V Cups to the Head are very useful ~~in bad~~ to aid
general bloodletting.
~~Ado for an this case~~ Two Citizens of Philad.ª
were ~~possessed~~ kept alive Until ~~they~~ one of them
was above 75, and the other above 80 years
of age.

2 In an active State of the pulse, purges
should be given, and

3 the diet should be abstemious, and

4 Cold applications should be used to the
head. they will be perfectly safe to the head,
when they would ~~be~~ not be so ~~to~~ to the
feet. from the Sympathy ~~with~~ of the head,
with the Stomach & bowels is much less
than with the feet] 5.ly An advantage
will arise from cutting off the hair, and
exposing the bare head night & day to the
cold Air. The Bishop of Nismes, I said was
head Ach by sleeping with his bald head exposed
to the night Air. It probably arose from
Gout or Rheumatism. 6-

bedrawn should be greater than for Gout, and
Rheumatism in other parts of the body. ~~The~~ Blisters
should be ~~indicated, they should be~~ applied to the
usual Seats of those diseases, that is the joints &
the great toe. Cataplasms of mustard should be used to the same places.
& Incisions into the scalp as formerly mention-
-tioned ~~would~~ should be resorted to in extreme cases, also.
& ca Salivation

If it arise from ~~Plethory~~ Insolation, from the Strife between
the arteries & veins, from the Cessation of the
menses, or from Obstructed menses & from the
Cessation of the piles, & the pulse be full & or
tense, and the System exhibit signs of plethora,
the Remedies should be bleeding, purges, low diet,
and most of the remedies mentioned Under the
former head.

If it arise from costiveness, it should be obviated
by taking Rhubarb occasionally. If from Con-
-drylomata, they should be Destroyed by means
of ligatures.

If from tight Dresses upon any part

or ipecac,
V be restored by blisters or Caustics nor purges
should be employed as Substitutes for them.

of the body they should be removed, - if from sleeping with the head too low, or with the neck bent, it should be obviated. If from the use of tobacco, in any way, it should be laid aside. If from repelled eruptions, they should V

In Head Ach from all the causes that act upon it should the Decision of the Blood vessels, the patient should sleep with his head as much elevated as possible.

After the reduction of the action of the blood-vessels, and in all those cases in which this has not been necessary, the Remedies should be of a stimulating nature such as Opium, Wine, the Volatile tincture of Guajacum, Warm and Cold Baths, warm Applications to the head, Stimulating Applications to the feet, such as Salt & water, Cayenne pepper, Shoemakers Wax, Burgundy pitch, Garlic, Asafoetida, & Euphorbium. The inhalation of the Vapor of hot water, - of hot Coffee - or hot Vinegar. Enemies, but

I seen it completely cured by working
one month in a garden.

not
Sternutaries. Snuff has been resorted for this
purpose. A local Heat induced by covering
the eyes, & and exposing the head to the Vapor
Vapor of Vinegar poured upon a heated brick,
confined by means of a blanket thrown
over the head & trunk of the body.
smoaking tobacco. It was completely cured in
a Gentleman of this city by the use of Segars.
It was remarkable when in health, they
sickned him, but when afflicted with the head
Ach, they never affected his stomach. a
Salivation, and lastly, labor or exercise. I have once
III. That Pain I have said is produced by
causes that act upon the brain thro the
medium of the nerves. I have enumerated
these causes. The Head Ach in these cases
is generally periodical, or has perfect
intervals between its paroxysms. These

It is sometimes called the Sick head ach,
but it exists without any sickness attend=
=ing and tho it may be induced by
certain offensive matters in the stomach,
yet it is much oftner induced by the
Other causes that have been mentioned.
The paroxysm is generally preceded by cold
and dry feet, great sleepiness or wakefulness,
troublesome dreams, a sense of weight upon
the head, and nor increase or diminution
of appetite. In this forming state of a
paroxysm of nervous head, the following
Remedies are proper.
1 Abstinence. 2 a dose of Laudanum,
I have often known this medicine prevent,
or weaken a paroxysm of this disease.

3 Three or four Glasses of Wine. I know a lady in this city who by taking this remedy and going to bed strangled a paroxysm of this disease in its forming state.

4 The pediluvium.

5 An Emetic if there be any reason to believe it has been excited by Offensive matter in the stomach.

6 A purge. 7 A copious sweat induced by drinking some warm liquor & wrapping up the body in blankets.

8 Two or three Swallowing quarts of pepper. I have known this remedy to be employed in one instance with success. I shall mention a fact hereafter that will show pepper to be useful remedy in this disease.

9 Dr Darwin recommends swallowing three pints of hot water in the forming state

of a paroxysm of Head Ach. I can say
Nothing in its favor from my own
experience.

Should these remedies fail of preventing
the a paroxysm of head Ach, the disease
~~a~~proceeds, and appears with the
following Symptoms, Cold & Dry feet - the
face suffused with blood, and hot, the eyes
inflamed, the upper eye lips are depressed; below
the under eye lid, the flesh is black & blue.
tears flow involuntarily, Vision is weakned,
or totally suspended, or the eyes become so
exquisitely sensible of to light that they can-
=not bear even a Candle or fire in the room.
The ears are affected with imaginary or
feeble real Noises, and the Senses of smelling
and taste are impaired. Bilious Vomitings
pale Urine, Costiveness, and Syncope

V 6 Cloaths wetted with Vinegar applied to
the forehead.
7 Bathing the Head with Spirit of turpen-
= tine, or Spirit of harts horn, or pouring
Either upon it.

Sometimes attend the paroxysm. The pain during the prevalence of those symptoms is acute and sometimes so exquisite as to cause the patient to cry out. The mind sympathises with the body in the loss of memory, incoherence of imagination and weakness of judgement, but seldom in complete delirium. These symptoms generally continue from 6 to 48 hours, and then go off in Stupor or Sleep.

The Remedies proper in a paroxysm of this disease should be

1 Bleeding if the blood vessels be brought into sympathy, or if there be danger of Convulsions.

2 Cold applications to the head.

3 Purges. 4 Blisters behind the ears.

5 a tight bandage around the head.

6 Cataplasms of Garlic or mustard to the feet.

2 I Rest in a recumbent posture, & in a dark room.

1D Perfect Silence.

1D Large Doses of Laudanum. Ether & Wine.

12 Tessor. I have once known a paroxysm completely cured by the fright induced by a ball upon the ice in a lady in this city.

The Remedies to be employed in the intervals of the paroxysm should be such as are calculated to give tone to the nervous System, for the disease originates in nervous debility. They are Tonics, particularly ~~Vegetable Medicines~~ Bark, Valerian, or both combined - Garlic, and bitters of all kinds. ~~&c.~~ ~~Mineral Substances~~ all the preparations of Iron, the Sulphate of Zinc & Copper & the flowers of Zinc.

2 the Cold Bath.

3 Cordial food. I have known a Case of

Obstinate Nervous Head ache cured by a diet
black
strongly spiced with pepper, the use of
which was suggested accidently by the pa=
=tient having been much benefitted by ea=
=ting of potpye ~~entobobicka~~ over seasoned
with the black pepper.
labor or
4 Constant Exercise. I have mentioned of an instance
of this disease occurring only on sundays,
occasioned wholly by the suspension of labor
on that day:
or cooler
5 warmth to the head ~~I do not know~~ according to the
~~used by constantly wearing a wig~~ state
~~of the~~ of excitement in the nerves, or
according to its greater or less mixture with
Arterial action. I have ~~it~~ cured it by
Constantly wearing a wig, and by shaving
the head once a week so as to permit the
cool Air to act upon it. It will be useful

V

IV. Headach when it arises from causes which
act upon the brain thro the medium of
the stomach should be removed by avoiding
all ~~it's exciting~~ those causes, by gentle emetics,
and the remedies ~~formerly~~ to be mentioned
for Dyspepsia. — I mentioned formerly the signs
by which the disease may be known
to be derived from the stomach.

V. Headach from causes which act upon
the senses ~~should~~ can be cured only by the
removal of those causes.

VI The same thing should be done in
all our attempts to remove head ach
when it arises from causes that act
upon the brain thro the medium of the
mind. —

in all cases to avoid the application of grease
or powder to the hair.

6 Dr Ulbenden commends a perpetual blister
to the head for the cure of this Disease.
7 all the exciting causes of it should be careful-
-ly removed.

V The Disease when left to itself, or when
incurable, terminates in deafness, blindness,
loss of memory, Hydrocephalus internus, Epilepsy, Palsy & Apoplexy. It
has been said - madness likewise, but I
have seldom observed this to the case. On
the Contrary, I have often observed head ach to
be a Symptom of returning reason than
of approaching derangement.

While I have distinguished Head ach
from its Causes, let me caution you
against supposing that they always exist
and act seperately. To believe this

to be the case would be to relapse into all
the errors and evils of Nosology. No - No -
Gentlemen, the two or more of those causes
often combine, and the remedies of course
should be accommodated to those combinations.
In your Attempts to cure this disease never
lose sight of the following ~~rules~~ directions.
1 Find out through what System or medium
the Disease is produced.
2 When two or more Systems ~~or~~ are diseased,
omit your Remedies to each & all of them.
3 Take care to plumb the Systems when
more than One of them is affected. —
4 Change your remedies with the varying
States of the System or Systems thro' which
the disease is Conveyed to the brain. &
5 Recollect that the Disease can be cured only
by Attacking it in ~~the~~ intervals. —

Ruptures in the Arteries and Veins, or during the
Operation of the menses, it is seldom fatal pro-
-vided it be relieved by medicine. It generally
goes off When these states of the blood vessels
pass away.

The following are the usual signs of a favorable and unfavorable issue of this Disease.

1 It is least dangerous when it occurs first in the Vertebra of the ~~stomach~~, Senses, Nerves, Mind and stomach, and in the Order in which they have been mentioned. It is when it arises from those Causes, that it often continues for years and even during a long life.

2 When it occurs ~~in early life~~ under puberty, it sometimes papes of at puberty, when, in early life & above puberty, it papes of with when the Arterial plethora yields to the Nervous ~~when~~ when it occurs during the first

3 ~~It is last Dangerous when it is~~ ~~raises from~~ The Danger from Head Ach when it arises from Causes that act upon the brain, is least, when pain is felt in the Scalp,

and muscles which surround and move the head. When this is not the case, there is always Danger of palsy & Apoplexy.

4 It is most dangerous when it arises from malconformation, Contusions and Concupiscence of the brain.

5 It is most Obstinate, tho' not most mortal, when it is hereditary.